

# SCHEDULE OF VERDE VALLEY TAI CHI CLASSES

## TUESDAYS

**Seated Tai Chi (*New Temporary Location*)** | Date: Jan 7 - Ongoing | Time: 10:30 - 11:30 AM  
Location: Verde Room, Yavapai County Office, 10 South 6<sup>th</sup> Street, Cottonwood

**Tai Chi for Arthritis 2** | Date: Jan. 14 - Ongoing | Time: 10:00 - 11:00 AM  
Location: Lampliter Village Clubhouse | 112A, Lampliter Village, Clarkdale (Open to the Public)  
(*Must have completed Tai Chi Beginning Entry Level & Extended 6*)

**Seated Tai Chi** | Date: Mar. 25 - Ongoing | Time: 1:00 - 2:00 PM  
Location: Cottonwood Public Library, 100 S 6th St., Cottonwood

**Tai Chi for Arthritis Beginning Entry Level & Extended 6** | Date: Ongoing | Time: 2:30 - 3:30 PM  
Location: Pine Shadows Clubhouse, 2050 W. SR 89A, Cottonwood (Open to the Public)

## WEDNESDAYS

**Tai Chi for Arthritis Beginning Entry Level** | Date: Jan. 8 - May 28 | Time: 2:00 – 3:00 PM  
Location: Camp Verde Community Library, 130 Black Bridge Rd., Camp Verde

**Tai Chi for Arthritis Extended 6 Movements** | Date: Jan. 8 – May 28 | Time: 2:00 – 3:00 PM  
Location: Camp Verde Parks & Recreation Bldg., 135 S. Main St., Camp Verde  
(*Must have completed Beginning Entry Level*)

## THURSDAYS

**Tai Chi for Arthritis Beginning Entry Level & Extended 6** | Date: Jan. 9 - Ongoing | Time: 1:00 - 2:00 PM  
Location: Sedona Public Library VOC, 25 W Saddlehorn Rd., Village of Oak Creek

## SATURDAYS

**Tai Chi for Arthritis Beginning Entry Level & Extended 6** | Date: Ongoing | Time: 10:30 - 11:30 AM  
Location: Clark Memorial Library, North 9th Street, Clarkdale

**\*\*\*Please wear loose, comfortable clothing and supportive shoes.\*\*\***

All classes are free. Classes are held once a week for 8 - 12 weeks and may be extended. You can register at the class, however, some classes fill up early as space may be limited. To register for a class, call Carla Hover at 928-442-5966 or email us at [verdevalleytaichi@gmail.com](mailto:verdevalleytaichi@gmail.com) or contact us via the website at [www.verdevalleytaichi.com](http://www.verdevalleytaichi.com).